

Studes protest DepEd plan

By Dina Z. Almazan

STUDENTS who oppose a proposed curriculum revision in the Department of Education (DepEd) are protesting against the implementation of the so-called "K-12" program.

Students in the Department of Education (DepEd) are protesting against the implementation of the so-called "K-12" program.

The students in "K-12" and "K-13" are protesting against the implementation of the so-called "K-12" program.

The students in "K-12" and "K-13" are protesting against the implementation of the so-called "K-12" program.

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The students in "K-12" and "K-13" are protesting against the implementation of the so-called "K-12" program.



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Rare sky show: Venus crosses face of sun on June 8

PHILIPPINE DAILY INQUIRER
MANILA, June 7 (AP) — Venus, the second brightest object in the night sky, will cross the face of the sun on June 8, a rare celestial event that will be visible from the Philippines.

The transit of Venus, which occurs once every 8 years, will be visible from the Philippines as a small black dot moving across the face of the sun. The event will be visible from the Philippines as a small black dot moving across the face of the sun.

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A small black dot representing Venus crossing the face of the sun.

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A small black dot representing Venus crossing the face of the sun.

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Slain OFW wished to see son through college

By Staff Writer
 An OFW who was killed in a car accident in a road in Manila is believed to have wanted to see his son through college. The son, who is now in the US, is believed to have been the only child of the deceased. The son, who is now in the US, is believed to have been the only child of the deceased. The son, who is now in the US, is believed to have been the only child of the deceased.

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The WORLD

After Leonard C. Smith

Saudi forces hunt al-Qaida gunmen after Khobar massacre

RIYADH Saudi forces are hunting al-Qaida gunmen in the aftermath of the Khobar massacre, a deadly attack on a US military base in Saudi Arabia that killed 26 US servicemen.

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CARNIVAL DANCE
A parade of participants in a carnival parade in the city of Rio de Janeiro, Brazil. The parade is a major event in the city's culture.

Cheney staff 'coordinated' Halliburton deal—Time

WASHINGTON—The Cheney staff coordinated the deal between the White House and Halliburton, according to a report in Time magazine.

The report says that the Cheney staff coordinated the deal between the White House and Halliburton, according to a report in Time magazine.

Lee's son next Singapore PM

SINGAPORE—Lee Hsien Loong, the son of Singapore's first prime minister, is expected to become the next prime minister of the country.

China seen rethinking military strategy

BEIJING—China is seen rethinking its military strategy, according to a report in the New York Times.

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The Dark Gospel

Book Review
The Dark Gospel by [Author Name]
This book explores the dark side of the Christian faith, focusing on the darker aspects of the Bible and the lives of the apostles.

2 US soldiers, 20 militiamen killed in Iraq



US soldiers in Iraq, some in the foreground and others in the background.

Two US soldiers and 20 militiamen were killed in an attack in Iraq, according to a report in the New York Times.

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ENTERTAINMENT

'I won't be like my father,' says Vic's son

By Remy P. Villanar
Staff Writer

The actor's son, who is now 10, says he won't be like his father, who is now 40.

On the other hand, he says he will be like his father, who is now 40.

He says he will be like his father, who is now 40.



Vic Sotto and his son, who is now 10 years old.



When asked if he will be like his father, the actor's son, who is now 10, says he won't be like his father, who is now 40.

He says he will be like his father, who is now 40.

He says he will be like his father, who is now 40.

He says he will be like his father, who is now 40.

WHEN THERE'S NO MORE ROOM IN HELL,
THE DEAD WILL WALK THE EARTH.

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ATTENTION! THE NEW

Harry Potter

HARTEST ACTION COMEDY NOW DATES FOR WEEKS



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Cost-effective

THE TV networks' annual election-year advertising drive is on its way to becoming a political and economic reality. It is the most expensive and most effective of all advertising media, and it is the most effective of all advertising media.

Entertainment

It is a political reality that the TV networks' annual election-year advertising drive is on its way to becoming a political and economic reality. It is the most expensive and most effective of all advertising media, and it is the most effective of all advertising media.

Canvass—and the Pope

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Viewpoint

David J. ...

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Canvass—and the Pope

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Costly

THE TV networks' annual election-year advertising drive is on its way to becoming a political and economic reality. It is the most expensive and most effective of all advertising media, and it is the most effective of all advertising media.

Morality by committee

David J. ...

THE TV networks' annual election-year advertising drive is on its way to becoming a political and economic reality. It is the most expensive and most effective of all advertising media, and it is the most effective of all advertising media.

Turn's ...

David J. ...

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Canvass—and the Pope

David J. ...

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Actions, not prisons, make tyrants

[illegible]

Is there any

It is not possible to compare the results of the two studies directly, because the studies used different methods of data collection and different samples. However, the results of the two studies are generally consistent, suggesting that the findings of the present study are likely to be valid.

Figure 1. A typical example of the data obtained from the 1000 iterations of the MCMC simulation. The x-axis represents the iteration number, and the y-axis represents the value of the parameter being estimated. The plot shows the trace of the parameter value over the iterations, with a vertical line indicating the burn-in period.

အါဏ္ဍိ- ၆ ပြက္ခဒိန်အရ

Addressing RP's democratic deficit

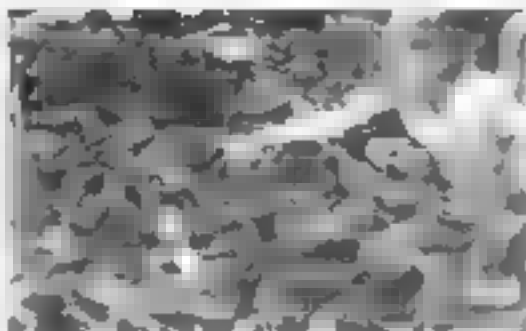
[illegible]

Conclusions

$$\frac{1}{2} \left(\frac{1}{2} \right) = \frac{1}{4}$$

THE UNIVERSITY OF ALABAMA

PHOTO
A group of people are seen in a field, possibly a park or a public area, with trees in the background. The image is somewhat blurry and has a high-contrast, almost black and white appearance.



Vendors get warning: No stalls near city schools

By [Name] [Date]

Cops excited over release of windfall after 9 months

By [Name] [Date]

Bank letter says suspect was [Name]

By [Name] [Date]

What's new in

MITIGATION Homemade fake

New was in subcast say

By [Name] [Date]

Lipo surgeon sues TV host Rosanna Roces for libel

By [Name] [Date]



Photo of [Name] and [Name]

From WPD chief to PNP chief

On [Name]



It was a...
[The rest of the text in this column is mostly illegible due to low resolution and blurring.]

Homemade fake money

By Leticia B. Solis

MANILA, Philippines — A man in a white shirt and dark pants was seen running through a park in Manila, carrying a bag of cash. He was chased by several people and eventually caught by police. The cash was found to be homemade fake money.

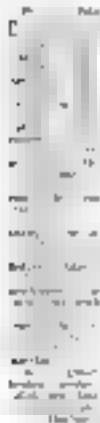


A man in a white shirt and dark pants was seen running through a park in Manila, carrying a bag of cash. He was chased by several people and eventually caught by police. The cash was found to be homemade fake money.

You'll still
spend the
fake money



The money
is still
being used



SPORTS

Editor: [Name]
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Editor: [Name]
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All-American five may complete Fiesta roster

By [Name]

The All-American five may complete the Fiesta roster. The team is expected to be announced soon. The team is expected to be announced soon. The team is expected to be announced soon.

Tigers-Aces tiff to set tone of playoffs



11. The following information is for the year ended 31/12/2019:

| | Revenue | Cost of Sales | Gross Profit | Operating Expenses | Operating Profit | Finance Income | Finance Costs | Profit Before Tax | Income Tax | Profit After Tax |
|--------------------|---------|---------------|--------------|--------------------|------------------|----------------|---------------|-------------------|------------|------------------|
| Revenue | 1000 | | | | | | | | | |
| Cost of Sales | | (200) | | | | | | | | |
| Gross Profit | | | 800 | | | | | | | |
| Operating Expenses | | | | (150) | | | | | | |
| Operating Profit | | | | | 650 | | | | | |
| Finance Income | | | | | | 20 | | | | |
| Finance Costs | | | | | | | (10) | | | |
| Profit Before Tax | | | | | | | | 660 | | |
| Income Tax | | | | | | | | | (132) | |
| Profit After Tax | | | | | | | | | | 528 |

12. The following information is for the year ended 31/12/2019:

| | Revenue | Cost of Sales | Gross Profit | Operating Expenses | Operating Profit | Finance Income | Finance Costs | Profit Before Tax | Income Tax | Profit After Tax |
|--------------------|---------|---------------|--------------|--------------------|------------------|----------------|---------------|-------------------|------------|------------------|
| Revenue | 1000 | | | | | | | | | |
| Cost of Sales | | (200) | | | | | | | | |
| Gross Profit | | | 800 | | | | | | | |
| Operating Expenses | | | | (150) | | | | | | |
| Operating Profit | | | | | 650 | | | | | |
| Finance Income | | | | | | 20 | | | | |
| Finance Costs | | | | | | | (10) | | | |
| Profit Before Tax | | | | | | | | 660 | | |
| Income Tax | | | | | | | | | (132) | |
| Profit After Tax | | | | | | | | | | 528 |

13. The following information is for the year ended 31/12/2019:

| | Revenue | Cost of Sales | Gross Profit | Operating Expenses | Operating Profit | Finance Income | Finance Costs | Profit Before Tax | Income Tax | Profit After Tax |
|--------------------|---------|---------------|--------------|--------------------|------------------|----------------|---------------|-------------------|------------|------------------|
| Revenue | 1000 | | | | | | | | | |
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| Finance Income | | | | | | 20 | | | | |
| Finance Costs | | | | | | | (10) | | | |
| Profit Before Tax | | | | | | | | 660 | | |
| Income Tax | | | | | | | | | (132) | |
| Profit After Tax | | | | | | | | | | 528 |

14. The following information is for the year ended 31/12/2019:

| | Revenue | Cost of Sales | Gross Profit | Operating Expenses | Operating Profit | Finance Income | Finance Costs | Profit Before Tax | Income Tax | Profit After Tax |
|--------------------|---------|---------------|--------------|--------------------|------------------|----------------|---------------|-------------------|------------|------------------|
| Revenue | 1000 | | | | | | | | | |
| Cost of Sales | | (200) | | | | | | | | |
| Gross Profit | | | 800 | | | | | | | |
| Operating Expenses | | | | (150) | | | | | | |
| Operating Profit | | | | | 650 | | | | | |
| Finance Income | | | | | | 20 | | | | |
| Finance Costs | | | | | | | (10) | | | |
| Profit Before Tax | | | | | | | | 660 | | |
| Income Tax | | | | | | | | | (132) | |
| Profit After Tax | | | | | | | | | | 528 |

15. The following information is for the year ended 31/12/2019:

| | Revenue | Cost of Sales | Gross Profit | Operating Expenses | Operating Profit | Finance Income | Finance Costs | Profit Before Tax | Income Tax | Profit After Tax |
|--------------------|---------|---------------|--------------|--------------------|------------------|----------------|---------------|-------------------|------------|------------------|
| Revenue | 1000 | | | | | | | | | |
| Cost of Sales | | (200) | | | | | | | | |
| Gross Profit | | | 800 | | | | | | | |
| Operating Expenses | | | | (150) | | | | | | |
| Operating Profit | | | | | 650 | | | | | |
| Finance Income | | | | | | 20 | | | | |
| Finance Costs | | | | | | | (10) | | | |
| Profit Before Tax | | | | | | | | 660 | | |
| Income Tax | | | | | | | | | (132) | |
| Profit After Tax | | | | | | | | | | 528 |

16. The following information is for the year ended 31/12/2019:

| | Revenue | Cost of Sales | Gross Profit | Operating Expenses | Operating Profit | Finance Income | Finance Costs | Profit Before Tax | Income Tax | Profit After Tax |
|--------------------|---------|---------------|--------------|--------------------|------------------|----------------|---------------|-------------------|------------|------------------|
| Revenue | 1000 | | | | | | | | | |
| Cost of Sales | | (200) | | | | | | | | |
| Gross Profit | | | 800 | | | | | | | |
| Operating Expenses | | | | (150) | | | | | | |
| Operating Profit | | | | | 650 | | | | | |
| Finance Income | | | | | | 20 | | | | |
| Finance Costs | | | | | | | (10) | | | |
| Profit Before Tax | | | | | | | | 660 | | |
| Income Tax | | | | | | | | | (132) | |
| Profit After Tax | | | | | | | | | | 528 |

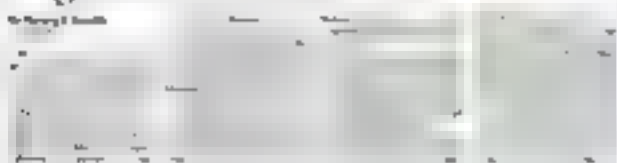
17. The following information is for the year ended 31/12/2019:

| | Revenue | Cost of Sales | Gross Profit |
|--|---------|---------------|--------------|
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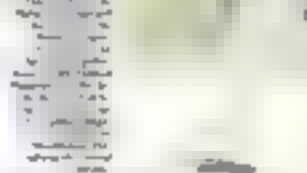
APM 111, *University of the Pacific*, 1998. 111 p. \$19.95. ISBN 0-895-86111-1.

© 2000 Blackwell Science Ltd *Journal of Internal Medicine* 247: 105–112

Pagunsan-Dumandan duel seen

Part of $\mathcal{V}_{\text{new}} \cap \mathcal{V}_{\text{old}}$ 

SPONTANEOUS TECH



2000 *Journal of the American Academy of Child and Adolescent Psychiatry* 39:1031-1037

[illegible]

Coria sets up clash with Moya

MANILA, Jan. 24 (AP) — The 1996 Australian Open tennis tournament is set to begin with a clash between two of the world's best players, Andre Agassi and Andre Coria. Agassi, the defending champion, will face Coria in the first round on Monday. Coria, who is ranked 11th in the world, is a former Wimbledon champion and a former world number one. Agassi, who is ranked 1st in the world, is a former Wimbledon champion and a former world number one. The tournament will be held at the Melbourne Cricket Ground, which is the largest stadium in the world. The tournament will run from January 24 to February 11, 1996. The prize money for the tournament is \$1.5 million. The tournament will be broadcast on television and radio.

SHOOTING RESULTS

| Event | Gold | Silver | Bronze |
|----------------|----------------------|---------------------|---------------------|
| 10m Air Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 10m Air Pistol | China's Wang Yaping | China's Wang Yaping | China's Wang Yaping |
| 20m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 50m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 100m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 150m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 200m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 300m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 400m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 500m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 600m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 700m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 800m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 900m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |
| 1000m Rifle | China's Liang Wanjun | China's Wang Yaping | China's Wang Yaping |



U.S. women's basketball team defeated the Chinese team 81-65 in the quarterfinals of the 1996 Olympic Games.

U.S. women's basketball team defeated the Chinese team 81-65 in the quarterfinals of the 1996 Olympic Games.

UST volleyballers eye solo lead vs Linceum

MANILA, Jan. 24 (AP) — The U.S. women's volleyball team is looking to win a solo lead in the 1996 Olympic Games. The team will face the Chinese team in the quarterfinals of the tournament. The U.S. team is currently ranked 1st in the world, while the Chinese team is ranked 2nd. The tournament will be held at the Melbourne Cricket Ground, which is the largest stadium in the world. The tournament will run from January 24 to February 11, 1996. The prize money for the tournament is \$1.5 million. The tournament will be broadcast on television and radio.

Pistons march closer to finals

MANILA, Jan. 24 (AP) — The Detroit Pistons are looking to win a solo lead in the 1996 NBA playoffs. The team will face the Chicago Bulls in the first round of the playoffs. The Pistons are currently ranked 1st in the Eastern Conference, while the Bulls are ranked 2nd. The playoffs will be held at the Detroit Arena, which is the largest arena in the world. The playoffs will run from January 24 to February 11, 1996. The prize money for the playoffs is \$1.5 million. The playoffs will be broadcast on television and radio.

| Team | W | L | PTS | REB | AST | STL | BLK |
|------------------------|---|---|-----|-----|-----|-----|-----|
| Detroit Pistons | 1 | 0 | 100 | 40 | 20 | 5 | 3 |
| Chicago Bulls | 0 | 1 | 90 | 35 | 15 | 4 | 2 |
| Orlando Magic | 0 | 1 | 85 | 30 | 10 | 3 | 1 |
| Philadelphia 76ers | 0 | 1 | 80 | 25 | 10 | 2 | 1 |
| Washington Wizards | 0 | 1 | 75 | 20 | 10 | 2 | 1 |
| New York Knicks | 0 | 1 | 70 | 15 | 10 | 2 | 1 |
| Indiana Pacers | 0 | 1 | 65 | 10 | 10 | 2 | 1 |
| Charlotte Hornets | 0 | 1 | 60 | 10 | 10 | 2 | 1 |
| Atlanta Braves | 0 | 1 | 55 | 10 | 10 | 2 | 1 |
| San Antonio Spurs | 0 | 1 | 50 | 10 | 10 | 2 | 1 |
| Phoenix Suns | 0 | 1 | 45 | 10 | 10 | 2 | 1 |
| Portland Trail Blazers | 0 | 1 | 40 | 10 | 10 | 2 | 1 |
| Utah Jazz | 0 | 1 | 35 | 10 | 10 | 2 | 1 |
| Los Angeles Lakers | 0 | 1 | 30 | 10 | 10 | 2 | 1 |
| Golden State Warriors | 0 | 1 | 25 | 10 | 10 | 2 | 1 |
| Seattle SuperSonics | 0 | 1 | 20 | 10 | 10 | 2 | 1 |
| Minnesota Timberwolves | 0 | 1 | 15 | 10 | 10 | 2 | 1 |
| San Diego Clippers | 0 | 1 | 10 | 10 | 10 | 2 | 1 |
| Los Angeles Clippers | 0 | 1 | 5 | 10 | 10 | 2 | 1 |

| Team | W | L | PTS | REB | AST | STL | BLK |
|------------------------|---|---|-----|-----|-----|-----|-----|
| Detroit Pistons | 1 | 0 | 100 | 40 | 20 | 5 | 3 |
| Chicago Bulls | 0 | 1 | 90 | 35 | 15 | 4 | 2 |
| Orlando Magic | 0 | 1 | 85 | 30 | 10 | 3 | 1 |
| Philadelphia 76ers | 0 | 1 | 80 | 25 | 10 | 2 | 1 |
| Washington Wizards | 0 | 1 | 75 | 20 | 10 | 2 | 1 |
| New York Knicks | 0 | 1 | 70 | 15 | 10 | 2 | 1 |
| Indiana Pacers | 0 | 1 | 65 | 10 | 10 | 2 | 1 |
| Charlotte Hornets | 0 | 1 | 60 | 10 | 10 | 2 | 1 |
| Atlanta Braves | 0 | 1 | 55 | 10 | 10 | 2 | 1 |
| San Antonio Spurs | 0 | 1 | 50 | 10 | 10 | 2 | 1 |
| Phoenix Suns | 0 | 1 | 45 | 10 | 10 | 2 | 1 |
| Portland Trail Blazers | 0 | 1 | 40 | 10 | 10 | 2 | 1 |
| Utah Jazz | 0 | 1 | 35 | 10 | 10 | 2 | 1 |
| Los Angeles Lakers | 0 | 1 | 30 | 10 | 10 | 2 | 1 |
| Golden State Warriors | 0 | 1 | 25 | 10 | 10 | 2 | 1 |
| Seattle SuperSonics | 0 | 1 | 20 | 10 | 10 | 2 | 1 |
| Minnesota Timberwolves | 0 | 1 | 15 | 10 | 10 | 2 | 1 |
| San Diego Clippers | 0 | 1 | 10 | 10 | 10 | 2 | 1 |
| Los Angeles Clippers | 0 | 1 | 5 | 10 | 10 | 2 | 1 |

Longshot Scot tops Volvo til



Colin Montgomerie won the Volvo PGA tournament in 1995.

Colin Montgomerie won the Volvo PGA tournament in 1995.

1-5 Annika by 2

MANILA, Jan. 24 (AP) — The 1996 Volvo PGA tournament is set to begin with a clash between two of the world's best players, Annika Sorenstam and Colin Montgomerie. Sorenstam, the defending champion, will face Montgomerie in the first round on Monday. Montgomerie, who is ranked 1st in the world, is a former Wimbledon champion and a former world number one. Sorenstam, who is ranked 2nd in the world, is a former Wimbledon champion and a former world number one. The tournament will be held at the Melbourne Cricket Ground, which is the largest stadium in the world. The tournament will run from January 24 to February 11, 1996. The prize money for the tournament is \$1.5 million. The tournament will be broadcast on television and radio.

Antonio paces Bangkok meet

MANILA, Jan. 24 (AP) — The 1996 Bangkok meet is set to begin with a clash between two of the world's best players, Antonio and Colin Montgomerie. Antonio, the defending champion, will face Montgomerie in the first round on Monday. Montgomerie, who is ranked 1st in the world, is a former Wimbledon champion and a former world number one. Antonio, who is ranked 2nd in the world, is a former Wimbledon champion and a former world number one. The tournament will be held at the Melbourne Cricket Ground, which is the largest stadium in the world. The tournament will run from January 24 to February 11, 1996. The prize money for the tournament is \$1.5 million. The tournament will be broadcast on television and radio.

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Volvo

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TOURNAMENT

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LADYKILLERS

Love email!



ENTERTAINMENT

How moviegoers can help
Filipino film industry

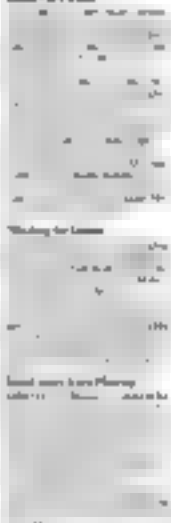
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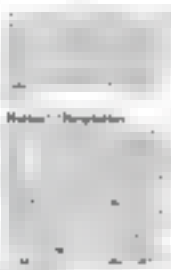
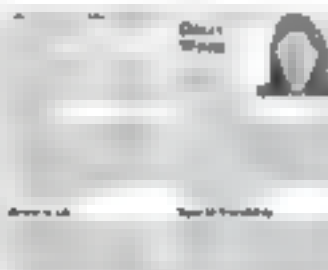


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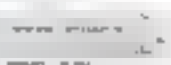
Second time around
for John Lloyd and Clara



New 'Potter' darker, deeper
and hardly stops for breath



I won't be like my father





FLORIAN
Adult Film

PHILIPPINE DAILY INQUIRER



DOLL

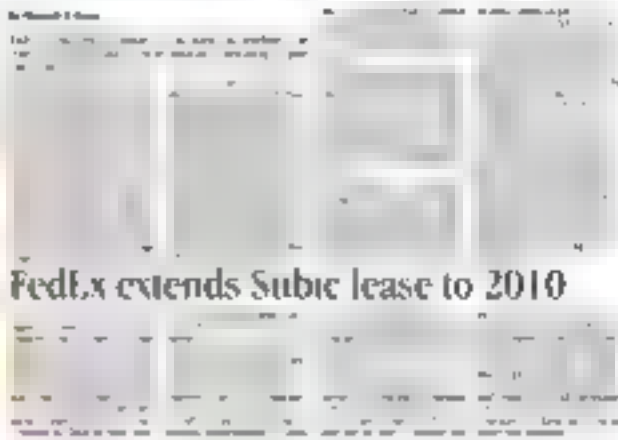


BUSINESS

Life: Board May 20
Budget: Jan. 1 - 4 requests

2000-2001
2001-2002

Gov't urged to cut workforce by 5-10%



111 Return to Table

TRUE or FALSE?
The light

LIFE STYLE

PHILIPPINE DAILY INQUIRER

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Avoiding injuries in step aerobics



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Will And
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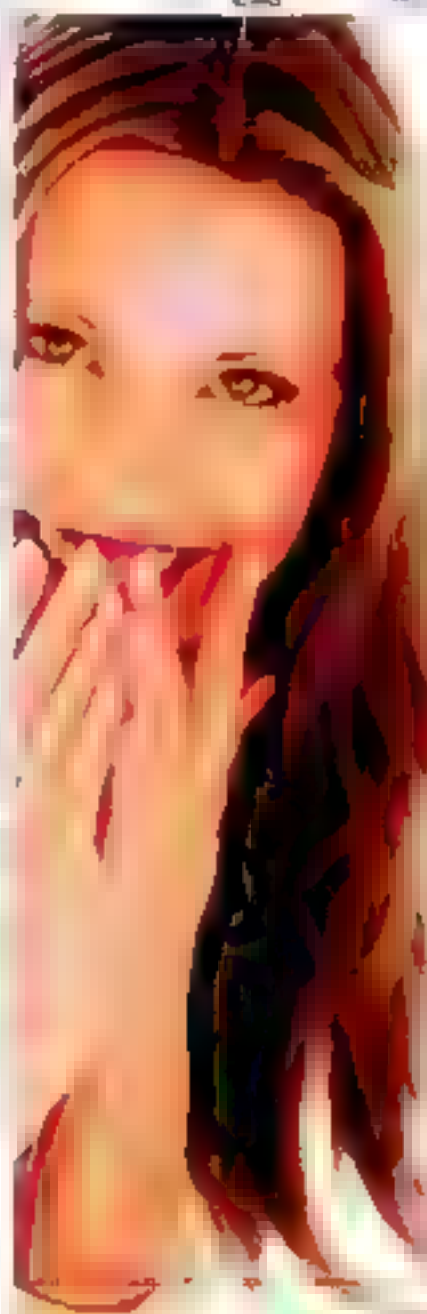
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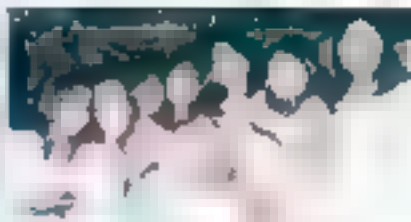
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PHILIPPINE DAILY INQUIRER

Midsummer Sale

Extended up to
June 19, 1994

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Figure 1



Table 1. Summary of the study population characteristics



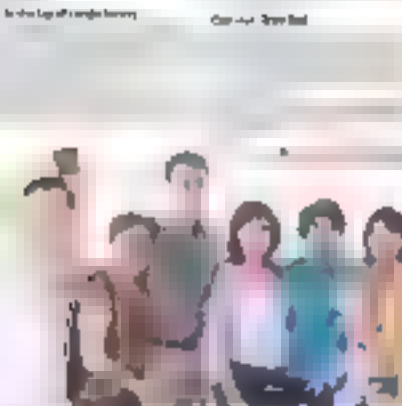
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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.



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Disappearing items may have been 'borrowed'

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Inner Awareness



June 1
1999

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Wang's arrival

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Personal life

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His early life

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A different log

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NOKIA

See, Snap and Share your MMS Summer Fun with Qipedia™

NOKIA

Hot Spot

Get Big Discounts of up to \$4,000 on selected Nokia phones!

Get a chance to win Nokia Phones!

NOKIA

Color your image with Success.

Take up with the high performance features of the new Nokia 3120 in 1.2 color.

A truly feature-packed phone that's amazingly efficient.

• 1.2" 128K color display • 2MP camera • 3.5mm • 16MB internal memory • 16MB external • 16MB external • 16MB external

NOKIA 3120

Connect to Success

EXERCISE OF THE WEEK

Step bench backward lunge



Opportunity knocks but once.



1. Stand on the floor with your feet shoulder-width apart. Step back with your right leg onto the bench, keeping your back straight and your arms extended forward for balance.

2. Push off with your right foot to return to the starting position. Repeat for 10-15 reps.

3. To increase difficulty, add a weighted vest or a backpack.

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32. To increase difficulty, add a weighted vest or a backpack.

Avoiding injuries in step aerobics

By [Name]

Step aerobics is a popular form of cardiovascular exercise that involves stepping up and down on a raised platform, usually a step bench. While it's a great way to burn calories and improve your fitness, it can also be a high-impact activity that puts a lot of stress on your joints, particularly your knees and ankles. To avoid injuries, it's important to follow some basic guidelines when performing step aerobics.

1. Warm up properly. Before starting your step aerobics routine, it's important to warm up your muscles and joints. This can be done with light cardio, such as walking or jogging in place, for about 5-10 minutes.

2. Choose the right step height. The height of the step bench is an important factor to consider. If the step is too high, it can put a lot of stress on your knees and ankles. A good rule of thumb is to choose a step height that is about 4-6 inches.

3. Use proper form. When performing step aerobics, it's important to use proper form to avoid injuries. This means keeping your back straight, your arms extended forward for balance, and your feet flat on the step.

4. Take breaks. If you're new to step aerobics, it's important to take breaks during your routine. This will help you build up your endurance and avoid fatigue.

Belly dance your way to a fit, sexy body

By David Levine

IT'S A LITTLE BIT OF A SECRET, BUT BELLY DANCING IS A GREAT WAY TO GET IN SHAPE AND FEEL GREAT.

It's a little bit of a secret, but belly dancing is a great way to get in shape and feel great. It's a little bit of a secret, but belly dancing is a great way to get in shape and feel great.



PHOTOGRAPHY: JENNIFER LEE. DANCING IS A GREAT WAY TO GET IN SHAPE AND FEEL GREAT.

A little bit of a secret

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Half body workout

IT'S A LITTLE BIT OF A SECRET, BUT BELLY DANCING IS A GREAT WAY TO GET IN SHAPE AND FEEL GREAT.

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CHERRY BLOSSOM



SPRING GREEN

Overworked immune systems get help

By David Levine

THE MORE YOU GET IN SHAPE, THE MORE YOUR IMMUNE SYSTEM GETS HELP. IT'S A LITTLE BIT OF A SECRET, BUT BELLY DANCING IS A GREAT WAY TO GET IN SHAPE AND FEEL GREAT.



PHOTOGRAPHY: JENNIFER LEE. DANCING IS A GREAT WAY TO GET IN SHAPE AND FEEL GREAT.

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Three cheers for underwater hockey!

By David Levine

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PHOTOGRAPHY: JENNIFER LEE. DANCING IS A GREAT WAY TO GET IN SHAPE AND FEEL GREAT.

Underwater hockey is hot

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PHOTOGRAPHY: JENNIFER LEE. DANCING IS A GREAT WAY TO GET IN SHAPE AND FEEL GREAT.

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Overworked immune systems get help

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IT'S A LITTLE BIT OF A SECRET, BUT BELLY DANCING IS A GREAT WAY TO GET IN SHAPE AND FEEL GREAT.

Take Charge Doc!

By Jimmy A. Hernandez



The New York Times' *Smart Men* (1994) features scientific and literary advice, and Dr. Robert M. White, MD, PhD, is the author of *Smart Men* (1994). Dr. White is a professor of medicine at the University of California, San Francisco, and is the author of *Smart Men* (1994). Dr. White is a professor of medicine at the University of California, San Francisco, and is the author of *Smart Men* (1994). Dr. White is a professor of medicine at the University of California, San Francisco, and is the author of *Smart Men* (1994).

What are the benefits of giving up cigarette smoking?

There are many benefits to giving up cigarette smoking. The first benefit is that it can help you live longer. The second benefit is that it can help you live healthier. The third benefit is that it can help you live happier. The fourth benefit is that it can help you live more successful. The fifth benefit is that it can help you live more peaceful. The sixth benefit is that it can help you live more content. The seventh benefit is that it can help you live more satisfied. The eighth benefit is that it can help you live more fulfilled. The ninth benefit is that it can help you live more complete. The tenth benefit is that it can help you live more whole.

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It is not just the benefits of giving up cigarette smoking, but the benefits of giving up cigarette smoking.



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MEH and PHOENIX, AZ, are the only two cities in the world that have been named "Smart Men" (1994) by Dr. Robert M. White, MD, PhD.

Crime against the self

There are many reasons why people commit crimes against themselves. The first reason is that they are addicted to drugs. The second reason is that they are addicted to alcohol. The third reason is that they are addicted to gambling. The fourth reason is that they are addicted to sex. The fifth reason is that they are addicted to power. The sixth reason is that they are addicted to money. The seventh reason is that they are addicted to fame. The eighth reason is that they are addicted to love. The ninth reason is that they are addicted to life. The tenth reason is that they are addicted to death.

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Four steps to recovery

1. Recognize the problem.
2. Acknowledge the problem.
3. Take responsibility for the problem.
4. Take action to solve the problem.

Step 1: Recognize the problem

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Step 2: Acknowledge the problem

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Step 3: Take responsibility for the problem

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Step 4: Take action to solve the problem

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Step 5: Take action to solve the problem

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